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# **Safety at HSE & in Russia**



# Safety at HSE: guidelines

[istudents.hse.ru/safety](https://istudents.hse.ru/safety)

EMERGENCY LINE **112** – accessible without sim-card

Points to remember:

- Security guard posts at every HSE entrance
- First aid kits in every HSE building
- International Students Support (office hours)
- Dormitory staff calls ambulance 24/7
- Medical insurance company
- Family / next of kin information



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# Avoiding trouble

**Respect laws and rules** (carry your ID, no smoking, no alcohol in public)

## **Apply common sense:**

- ✓ Keep **valuables** (wallet, money, credit cards) **in zipped pockets** inside your bag or clothes.
- ✓ Always **be on your guard**, keep an eye on your personal space and your belongings, especially in crowded places.
- ✓ **Do not show your wallet or documents to anyone** on the street unless required by the police.
- ✓ **Do not keep** large amounts of **cash in the dormitory** or on you.
- ✓ Try to **desist from** reacting to **verbal offense**.
- ✓ Do not rely on people you just met.
- ✓ **Avoid walking** in the city **late at night** on your own.
- ✓ Always **know where you are** and **how to get home**.



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# Visa & Registration

**Finalize all visa and registration procedures IN TIME!**

**Always carry with you:**

- ✓ your student ID, HSE pass card
- ✓ originals of registration and migration card
- ✓ certified copy of passport and visa
- ✓ copies of all the documents including migration card and registration just in case, in a separate pocket.

Check the [Guide on Encounters with the Police](#)

Don't fall victim to extortion or bribery.

# When stopped by the police

## The police officer must

- ✓ state their name, rank and position
- ✓ show their warrant card
- ✓ explain the reason why you've been stopped.

If a police officer requests you to follow them to a police station, **you should:**

- ✓ ask why you've been detained
- ✓ call the consulate and friends and inform them that you've been detained and where you'll be taken.

In case the reason you've been detained has something to do with your visa or registration, on weekdays till 6 pm you can also contact the Visa & Travel Support +7 495 772 95 90 \* 11855 or 11850



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# When detained by the police

Foreign nationals have the **following rights** when detained by the police:

- ❖ Right to **obtain legal advice from a lawyer** (preferably with the assistance of the Embassy/Consulate or independently)
- ❖ Right to seek **assistance of an interpreter** (preferably with the assistance of the Embassy/Consulate or independently)
- ❖ Right to **tell your family or friends that you've been detained** no later than three hours after your detention. You may request that this phone call (e.g. to the Consulate) be made by a police officer
- ❖ **Right not to sign** a document if you do not understand it or you disagree with what is written in it
- ❖ Right to **refuse giving any explanations**



# If you believe that the actions of a police officer are unlawful

Proceed as follows:

- ✓ Write down their badge number
- ✓ Inform them that you're going to appeal against their actions
- ✓ Follow their instructions
- ✓ Call the emergency number 02 and report the violation (you may need an assistance of someone who speaks Russian fluently)



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# Medical insurance and health

[benefits.hse.ru/en/medstud](https://benefits.hse.ru/en/medstud)

- ✓ If you have medical insurance:
  1. Check where (list of hospitals) and how you can use it (payment / reimbursement / language of assistance).
  2. Check that it includes tests, basic diagnostics, dental, trauma assistance, medical certificates (important!).
- ✓ If you require medical insurance – purchase a Russian insurance plan (offered by the HSE partner insurance company) and make sure you understand what the plan includes and how to use the insurance.
- ✓ Know your medical history, prepare the needed medicine, inform about particular medical needs.
- ✓ Language barriers - buddies are there to help!





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# Medical insurance and health

[benefits.hse.ru/en/medstud](https://benefits.hse.ru/en/medstud)

If you decide to purchase a Russian medical insurance but have questions and need a consultation about medical insurance options and plans available - the **HSE Social Sphere Office** is ready to help and advise.

Address:

main HSE building at Myasnitskaya Ul. 20, office 326-K

Contact person:

**Natalia Romanova**, [nsromanova@hse.ru](mailto:nsromanova@hse.ru)

# Metro





# Keep safe on transport

- ✓ METRO: always follow the rules of using the Moscow metro! Rules are outlined on the [metro website](#) and in the **Handbook** (p. 37). Be careful during rush hours especially.
- ✓ GROUND TRANSPORT: enter through the front door and the turnstile (some trams allow entrance through all doors). If you need to walk around the bus/trolleybus/tram and cross the street – for the bus/trolleybus walk around its rear end, and for the tram – around the front within the driver's sight. Always hold onto the handrails.
- ✓ RAIL TRAVEL: follow the information in the Basic Principles of Health & Safety and Emergency Guidelines ([istudents.hse.ru/safety](http://istudents.hse.ru/safety)), learn about rail travel in Russia.





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# Moscow streets





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# Moscow streets

- ✓ Mind where you're walking, be careful in autumn/winter/spring time when it can be slippery and streets/roads/sidewalks become icy.
- ✓ In winter time walk not too close to the buildings or directly under overhangs to avoid falling snow and icicles threat. Always be aware of your surroundings.
- ✓ Look out for construction sites and buildings/streets/roads repairs, find a safe path around.
- ✓ Cross at the road to the **GREEN** light and *still* look for the vehicles that might not stop. Use crosswalks with the corresponding sign.



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# Weather

- ✓ Dress for the weather. In cold and/or windy weather keep your head, feet and hands warm. Mind the temperatures difference between the outside and the metro/buildings.
- ✓ Watch for hanging icicles on buildings.
- ✓ Snowy days: be sure to come prepared with appropriate clothing, like a heavy coat, warm hat, scarf, gloves and thick, weatherproof boots.
- ✓ Ice-swimming on Epiphany (January 19) is quite extreme, be careful.
- ✓ Excessive heat and humidity may also be a threat.





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# Code of Conduct



# Code of Conduct

<https://istudents.hse.ru/safety/>

[HSE Internal Regulations](#)

[Dormitory Rules and Regulations](#)

Dormitory Agreement (download from <https://www.hse.ru/en/dormitory/price> )

[Knowledge Assessment Regulations](#)

[Plagiarism in Written Assignments](#)